

# Post Treatment Instructions – Chemical Peel

Skin areas that have been treated will appear red, irritated and moist for the first few days, which is a normal part of the healing process. You will be notified when make-up, perfume, cologne, sunscreen, and skin products may be resumed, but generally not sooner than 1 (one) week after a peel.

Many patients may return to work in seven to ten days with makeup. The post-treatment redness gradually fades over a matter of weeks, leaving the skin with a fresher and smoother appearance. After the skin has healed, the routine use of sunscreen is recommended to protect your skin from damaging ultraviolet rays.

Maximize your cosmetic results after a chemical peel and skin resurfacing procedures by following these basic post-treatment instructions. Please contact the office with any questions.

## Pre-peel instructions

- tretinoin ointment (ex. Retin-A)
  - Start at least 4 weeks prior to the peel
    - Apply as thin film over entire face, every night after washing your face
  - Discontinue the day *before* the peel. Don't resume until further notice.
- valacyclovir tablet (ex. Valtrex)
  - Start 1 day prior to the peel

## Morning of peel

- May shave, gently along the grain
- May clean face, use very mild soaps
- No waxing
- No makeup or sunscreen
- No perfume or cologne
- No jewelry

## Post-peel instructions

Your skin is sensitive and vulnerable after a peel, especially the first week after your peel.

- Keep the treated skin moist *continuously* with **plain petrolatum** (ex. Vaseline, Aquaphor)
- Do NOT apply any sunscreen, lotions, creams, or ointments other than plain petrolatum
- Take the oral antibiotic tablets, if prescribed
- Avoid sun exposure
- No shaving
- No waxing
- No perfume, cologne, or make-up
- No hair treatments or perms
- Sleep with your head elevated for a couple of days, to help reduce any facial swelling
- Do not pick or scratch your face or peel any scabs
- Avoid any other facial treatments, including waxing and microdermabrasion.

You may shower and wash your face the first day *after* your peel. Use lukewarm or cool water. Do not soak or scrub your face, and only use very mild soaps. Only use clean towels and hands when touching your face. Gently pat your skin dry - *do not rub*. Reapply **plain petrolatum** several times daily.